



Learn to Love Yourself Enough: Seven Steps for Improving Your Self-Esteem and Your Relationships

By Andrew G Marshall

Marshall Method Publishing. Paperback / softback. Book Condition: new. BRAND NEW, Learn to Love Yourself Enough: Seven Steps for Improving Your Self-Esteem and Your Relationships, Andrew G Marshall, Create a wealth of self-worth. In a black-and-white world, there are two types of people those who love themselves too much (and walk over everybody else) or hate themselves for failing to achieve goals (and probably end up being taken advantage of by others). But, according to British marital therapist, Andrew G. Marshall, neither has a healthy perception of oneself. This is because the secret to self-esteem does not lie in the extremes of love and hate, but in the middle, in the gray area that teaches us to love ourselves just enough: enough to have love to offer others; enough to be open to receive love from others. Only when this kind of balance is created, can self-love exist. Like no other book on self-esteem ever written, Learn to Love Yourself Enough helps readers walk through life on middle ground by revealing the seven factors that, together, add up to a wealth of self-worth. Examine your relationship with your parents: Discover the six types of child-parent relationships and how to accept...



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